

THE SUNDAY *Squeeze*

Finding time for Mass in a busy schedule

Family life is busy. Even without children, our modern lives are packed with activities. No matter how many kids we have, it's guaranteed that the activities will expand to fill the time available. It's so easy to become 'activity junkies'!

So how do busy people make time for Mass, and why would they want to?

WHY MASS ?

1. Feed your soul: Mass is a spiritual superfood.
2. Connect with others.
3. Breathe, Rest: Get off the activity treadmill.
4. God said so: Do we need a better reason?

Recharge Here

HOW TO GET THERE

1

Plan Ahead

Schedule Mass ahead of time and fit other activities around it. Make Mass the priority or it will get squeezed out.

2

Get A Routine

A regular Mass time helps to establish life-affirming friendships with other Mass-goers.

3

Free Up Sundays

Do chores on weekday nights. Shop online after hours. Confine kids activities to other days.

4

After-Mass Bonus

Keep the positivity going afterwards with a visit to the park, an ice cream shop or cafe. Yum!

5

Double Duty

If you are on the road, attend Mass near where you'll be doing other things.

6

Reduce Stress

Find a good children's liturgy or take appropriate books and bible activities to keep the little ones busy in the pew.

Through Sunday rest, daily concerns and tasks find their proper perspective; the material things we worry about give way to spiritual values

Pope John Paul II | Dies Domini

